

Table of Contents

1. Step-by-Step Energy Efficient Construction	1
Energy Efficient Homes: The Key Features	2
Sample Building Sections - Crawlspace Home	3
Sample Building Sections - Two-Story with Conditioned Basement	4
Sample Building Sections - Slab-On-Grade	5
Site Planning	6
Footing and Foundation Wall	7
Foundation Alternatives	8
Crawlspace or Unconditioned Basement	9
Floor — Conditioned Basement	10
Insulated Floor	11
Wall Framing	12
Wall and Ceiling Detailing	13
Seal Holes and Penetrations	14
HVAC Systems	15
Ductwork.....	16
2. Energy Efficient Packages.....	19
Achieving Efficiency	19
The Model Energy Code	21
Evaluating Energy Efficient Products	22
Mortgage Rate Tables	23
Home Energy Packages	26
Energy 1 Package -- 5-Star Home	28
Window and Door	28
Natural Cooling	28
Heating and Cooling	29
Domestic Hot Water	29
Appliances and Lighting	29
Framing Details	29
Energy 2 Package -- 5-Star Plus Home	30
Envelope	30
Window and Door	30
Air Tight / Ventilate Right	30
Natural Cooling	30
Heating and Cooling	31
Domestic Hot Water	31
Appliances and Lighting	31
Framing Detailing	31
Passive Solar Design	32
3. The House As A System.....	33
Health and Comfort	33
Heat Flows in Homes	34
Conduction	34
Convection	34
Radiation	34

<i>Air Leaks and Indoor Air Quality</i>	35
<i>How Condensation Occurs</i>	35
<i>Winter Condensation in Walls</i>	36
<i>Summer Condensation in Walls</i>	36
<i>Affect of Relative Humidity</i>	37
<i>Systems in a Home</i>	37
<i>Structural System</i>	37
<i>Structural Recommendations</i>	37
<i>Moisture Control System</i>	38
<i>Bulk Moisture Transport</i>	38
<i>Capillary Action</i>	39
<i>Air Transport</i>	39
<i>Vapor Diffusion</i>	41
<i>Air Barrier System</i>	41
<i>Thermal Insulation System</i>	42
<i>Comfort Control System</i>	42
<i>Creating Boundaries</i>	43

4. Air Leakage Sealing - Materials and Techniques 47

<i>Air Leakage Driving Forces</i>	48
<i>Seal Penetrations and Bypasses</i>	50
<i>Airtight Drywall Approach</i>	54
<i>ADA Advantages</i>	55
<i>ADA Disadvantages</i>	55
<i>ADA Installation Techniques</i>	56
<i>Wood Framed Floors</i>	56
<i>Slab Floors</i>	56
<i>Windows and Doors</i>	56
<i>Exterior Framed Walls</i>	56
<i>Partition Walls</i>	56
<i>Ceiling</i>	56
<i>Housewrap Air Barriers</i>	57
<i>Housewrap Advantages</i>	57
<i>Housewrap Disadvantages</i>	57
<i>Foam Sheathing Barrier</i>	59

5. Insulation Materials and Techniques 61

<i>Insulation Materials</i>	61
<i>Insulation Strategies</i>	62
<i>Foam Insulation Strategies</i>	62
<i>Critical Guidelines</i>	64
<i>Foundation Insulation</i>	64
<i>Slab-on-Grade Insulation</i>	64
<i>Termite Problems in Slab Insulation</i>	64
<i>Foundation Wall Insulation</i>	66
<i>Insulating Concrete Block Cores</i>	66
<i>Interior Foam Wall Insulation</i>	66
<i>Interior Framed Wall</i>	66
<i>Lightweight Concrete Products</i>	67
<i>Insulated Concrete Form (ICF) Wall Systems</i>	67
<i>Framed Floor Insulation</i>	70

<i>Insulating Under Floors</i>	70
<i>Insulating Crawlspace Walls</i>	71
<i>Crawlspace Wall Insulation Requirements:</i>	71
<i>Advantages of Crawlspace Wall Insulation</i>	72
<i>Disadvantages of Crawlspace Wall Insulation</i>	72
<i>Wall Construction</i>	73
<i>Wall Framing with O.V.E.</i>	73
<i>2 x 4 Wall Insulation</i>	73
<i>Avoid Side Stapling</i>	76
<i>Blown Loose-fill Insulation</i>	76
<i>Blown Foam Insulation</i>	77
<i>Structural Insulated Panels</i>	77
<i>Metal Framing</i>	77
<i>Wall Sheathings</i>	78
<i>2x6 Wall Construction</i>	80
<i>Ceilings and Roofs</i>	82
<i>Attic Ventilation</i>	82
<i>Unvented Attics</i>	82
<i>Vent Selection</i>	82
<i>Guidelines for Attic/Roof Ventilation</i>	82
<i>Powered Attic Ventilator Problems</i>	83
<i>Attic Floor Insulation Techniques</i>	83
<i>Steps for Installing Loose-fill Attic Insulation:</i>	83
<i>Steps for Installing Batt Insulation</i>	85
<i>Increasing the Roof Height at the Eave</i>	86
<i>Problems with Recessed Lights</i>	86
<i>Cathedral Ceiling Insulation Techniques</i>	87
<i>Building R-30 Cathedral Ceilings</i>	87
<i>Scissor Trusses</i>	88
<i>Ceilings with Exposed Rafters</i>	88
<i>Radiant Heat Barriers</i>	89
6. Windows and Doors	91
<i>Windows</i>	92
<i>Goals of Efficient Windows</i>	92
<i>Thermal Breaks and Window Spacers</i>	94
<i>Caution about Window Insulating Values</i>	96
<i>Future Window Options</i>	97
<i>Electronic Windows</i>	97
<i>Solid Windows</i>	97
<i>Doors</i>	98
<i>Accessible Design</i>	98
<i>Overall Window and Door Recommendations</i>	98
7. Heating, Ventilation, Air Conditioning (HVAC)	99
<i>Types of HVAC Systems</i>	99
<i>Sizing</i>	100
<i>Temperature Controls</i>	102
<i>Zoned HVAC Systems</i>	103
<i>Air Conditioning Equipment</i>	104
<i>The SEER Rating</i>	104

<i>Variable Speed Units</i>	104
<i>Proper Installation</i>	104
<i>Heating Systems</i>	107
<i>CLC</i>	107
<i>Air-source Heat Pumps</i>	107
<i>Geothermal Heat Pumps</i>	108
<i>Measures of Efficiency for Heat Pumps</i>	109
<i>Furnace Equipment</i>	109
<i>Furnace Operation</i>	109
<i>Measures of Efficiency for Furnaces</i>	110
<i>Integrated Space and Water Heating</i>	111
<i>Gas-fired Integrated Systems</i>	111
<i>Electric Integrated Systems</i>	111
<i>Wood Heating</i>	112
<i>Unvented Fuel-Fired Heaters</i>	113
<i>Ventilation and Indoor Air Quality</i>	113
<i>Supplying Outside Make-up Air</i>	115
<i>Dehumidification Ventilation Systems</i>	115
<i>Heat Recovery Ventilators</i>	115
<i>Design 1: Upgraded Spot Ventilation</i>	116
<i>Design 2: Whole House Ventilation System</i>	116
<i>Design 3: Heat Recovery Ventilation (HRV) System</i>	116

8. Duct Design and Sealing 117

<i>Duct Leaks and Air Leakage</i>	117
<i>Sealing Air Distribution Systems</i>	119
<i>High Priority Leaks</i>	120
<i>Moderate Priority Leaks</i>	120
<i>Low Priority Leaks</i>	120
<i>Duct Design</i>	123
<i>Duct Materials</i>	123
<i>Sizing and Layout</i>	123

9. Water Heating, Appliances and Lighting 127

<i>Selecting an Efficient Water Heater</i>	128
<i>Gas Water Heaters</i>	128
<i>Electric Water Heaters</i>	129
<i>Heat Recovery Units</i>	129
<i>Heat Pump Water Heaters</i>	129
<i>Solar Water Heaters</i>	130
<i>Instantaneous Water Heaters</i>	131
<i>Energy Efficient Appliances</i>	132
<i>EnergyGuide Label</i>	133
<i>Appliance Shopping Checklist</i>	133
<i>All Appliances</i>	133
<i>Refrigerators</i>	133
<i>Dishwashers</i>	133
<i>Clothes Washing Machines</i>	134
<i>Clothes Dryers</i>	134
<i>Cooking</i>	134
<i>Lighting</i>	134

10. Passive Solar Homes — Designs for Today	139
Basic Design Guidelines	139
Passive Solar Components	141
Passive Solar Windows	141
Thermal Storage Mass	142
Guideline 1: Locate the thermal mass in direct sunlight	143
Guideline 2: Distribute the thermal mass	143
Guideline 3: Do not cover the thermal mass	143
Guideline 4: Select an appropriate mass color	143
Guideline 5: Insulate the thermal mass surfaces on the outside	143
Guideline 6: Make thermal mass multipurpose	144
Thermal Mass Patterns	144
Heat Distribution	146
Estimating Passive Solar Savings	146
Summary	147
11. Natural Cooling	149
Window Shading Options	149
Landscaping and Trees	150
Overhangs	151
External Shades and Shutters	152
Interior Shades and Shutters	152
Reflective Films and Tints	153
Natural Ventilation	154
Mechanical Ventilation	155
Radiant Heat Barriers	156
Reflective Roof Coatings	157
Moisture Control	158
Central Dehumidification Systems	158
Desiccant Cooling Systems	158
Alternative Cooling Options	159
12. Fingertip Facts	161
Abbreviations	161
Energy and Fuel Data	161
Energy Units	161
Power Units	161
Fuel Units	161
Average Daily Solar Radiation	161
Insulating Values	162
HVAC Equipment Efficiencies	162
Climatic Data for Louisiana	162
Average Monthly Temperatures	163
Comparative Climatic Data	163